Listing of Initiatives for Falls Prevention Among Seniors Living in the Community

Based on the Inventory of Canadian Programs for the Prevention
of Falls Among Seniors Living in the Community
prepared for the FPT Committee of Officials for the Ministers
Responsible for Seniors, 2001

September 2003

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106-04758/

Alberta

Project Title: **Coming Together For Safety's Sake - Lakeland Injury Control Project**

Contact:
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Project Coordinator
Lakeland Regional Health Authority
Box 248
Smoky Lake, AB T0A 3C0
Tel.: (780) 895-5815 or 1-800-815-8683
Fax: (780) 656-2033
Website: www.health-in-action.org

Description: The project was developed to reduce the number of injuries among the population of the Lakeland Region. It will provide resources at the community level to support injury prevention strategies and strengthen regional partnerships.

Project Title: **Injury Prevention and Control - Older Adults**

Contact:
Older Adult Fall Prevention Action Committee
Calgary Injury Prevention Coalition (CIPC)
Calgary Health Region
10101 Southport RD SW
Calgary, AB T2W 3N2
Tel.: (403) 943-LINK (943-5465) or 1-800-860-2742 (toll free in Alberta)
Website: www.calgaryhealthregion.ca/yourhealth/seniors.html

Description: A Calgary Injury Prevention Coalition (CIPC) committee is targeting its prevention efforts to reduce falls amongst older adults living in the Calgary region. The specific strategies being implemented to prevent older adult falls include:

1) Developing and distributing resources (i.e., a brochure) to educate older adults on how to prevent falls; and
2) Coordinating the efforts of organizations working with seniors to ensure consistent and comprehensive messaging to and education of older adults and their friends and families around fall prevention.

Project Title: **Medical Equipment Loan Services (MELS)**

Contact: Canadian Red Cross Society
Alberta Region
100, 1305-11th Avenue S.W.
Calgary, AB T3C 3P6
Tel.: (403) 541-4445
Website: www.redcross.ca

Please call your local Canadian Red Cross offices to see if the program is available in your area.

D

escription: A low cost, short-term loan service offers a variety of health care equipment to individuals in communities and provides mobility equipment to residents who are recovering in their own homes from illness, injury or surgery. Information is given on the proper use of the equipment. The equipment loaned helps with fall prevention including walkers, crutches, canes, wheelchairs and bath aids (stools and seats).

Project Title: **Snow Rangers**

Contact: Anette Jorgensen
Canadian Red Cross Society
100, 1305-11th Avenue S.W.
Calgary, AB T3C 3P6
Tel.: (403) 541-6123
Fax: (403) 541-6129
Website: www.redcross.ca

Please call your local Canadian Red Cross offices to see if the program is available in your area.

Description: Snow Rangers matches volunteers with a senior or disabled person in the same neighbourhood. A Snow Ranger volunteer then has 24 - 48 hours to remove the snow from the sidewalks.

Project Title: **Steady As You Go!**

Contact:
Ellie Robson
Capital Public Health
Suite 300, 10216-124th Street
Edmonton, AB T5N 4A3
Tel.: (780) 413-7900
Fax: (780) 413-7950
Website: **www.cha.ab.ca**/Health+Services/Find+a+Service/ServiceDetail.asp?ServLink=2396

Description: Steady As You Go is a cognitive/behavioural brief intervention, which also includes an environmental focus and is targeted at the reduction of falls of healthy and transitional (between health and frailty) community-dwelling seniors. The program is offered to small groups of seniors by trained senior facilitators who are then supported by a health professional (usually a nurse). Participating seniors attend two 90-minute sessions one month apart. At the first session they receive the Client Handbook and Fitness Video and at this time they begin to identify personal risk factors for falls. Over the intervening month, seniors implement their own strategies to reduce their risks and at the second session they share what they have done.

Project Title : **Steady As You Go # 2**

Contact:
Ellie Robson
Capital Public Health
Suite 300, 10216-124th Street
Edmonton, AB T5N 4A3
Email: erobson@cha.ab.ca
Tel.: (780) 413-7900
Fax.: (780) 413-7950
Website: **www.cha.ab.ca**/Health+Services/Find+a+Service/ServiceDetail.asp?ServLink=2396

Description: This is a research project being undertaken with seniors who have reduced energy or mobility. This project is for seniors who were not eligible for Steady As You Go #1 because of increased limitations and frailty.

Project Title: **Steady As You Go!**

Contact:
Jeanne Annett
Aspen Regional Health Authority #11
10008-107th Street
Mornville, AB T8R 1L3
Tel.: (780) 939-3388
Fax: (780) 939-7126
Website: www.aspenrha.ab.ca

Description: Program strategies include the use of trained peer facilitators who work with groups of seniors in the community and assist participants in learning how to use the program. A guidebook, exercise video, educational sessions and self-monitoring are used. Program objectives are introduced in two 90-minute sessions, one month apart. The first session reviews the risk factors involved in falling. Topics include: paying attention, taking risks, balance, leg strength, footwear, foot care, medication, vision, hazards in and around the home and in the community. Participants also discuss the importance of increasing leg strength and balance for preventing falls and are encouraged to take part in a 20-minute physical exercise program or participate in an organized exercise group. The guidebook helps participants assess risk factors within their home and community. The home video introduces the issues of falling and validates the need for falls prevention. The second part is a program of 20 exercises. Participants are encouraged to continue their learning with the use of these resources on their own for the time between sessions. After one month, they meet again for the purpose of sharing their experiences of what they have learned and how they have been able to reduce their risks of falling.

Project Title: **Steady As You Go!**

Contact:
Sheryl Jackson
David Thompson Health Region Authority
#602, Provincial Building
4920-51 Street
Red Deer, AB T4N 6K8
Tel.: (403) 341-8622
Fax: (403) 341-8632
Website: www.dthr.ab.ca

Description: Designed for seniors living in the community at home or in a senior's complex. It is offered in 2 segments and each segment is approximately 2 hours. It is given to seniors by seniors. There is an expectation that the senior can do their own assessment of their environment and that they are responsible to exercise according to the exercise video. If the senior is frail, the assessment is done by a health care professional. The volunteer seniors that present the program have a training period provided by a professional. This program was developed in Edmonton and is used extensively throughout the province. Education and information on injury prevention is also available by contacting your local Community Health Centre.

Project Title: **Steady As You Go!**

Contact:
Program Coordinator
Medicine Hat and Areas Safe Community Coalition
1150 5th Street S.E.
Medicine Hat, AB T1A 8C7
Tel.: (403) 529-8363
Fax: (403) 529-2098
Website: www.memlane.com/nonprofit/scc/steadyasyougo.html

Description: Designed for seniors living in the community at home or in a senior's complex. It is offered in 2 segments and each segment is approximately 2 hours. It is given to seniors by seniors.

Participants in Steady as You Go workshops:
- Learn to identify community hazards and activities that put them at risk of falling
- Raise their awareness of how medications, eyesight, fitness, footwear, footcare, and other factors can affect risk of falling
- Practice exercises to improve leg strength and balance.
- Receive a client handbook and a copy of the video "Fitness for Preventing Falls"

Project Title: **Steady As You Go!**

Contact:
Program Coordinator
Brooks Community Adult Learning Council
P.O. Box 64
Brooks, AB T1R 1B2
Tel.: (403) 362-5372
Fax: (403) 793-8249
Website: www.telusplanet.net/public/bcalc/steady.htm

Description: Designed for seniors living in the community at home or in a senior's complex. It is offered in 2 segments and each segment is approximately 2 hours. It is given to seniors by seniors.

Participants in "Steady as You Go" workshops:
- Learn to identify community hazards and activities that put them at risk of falling
- Raise their awareness of how medications, eyesight, fitness, footwear, footcare, and other factors can affect risk of falling
- Practice exercises to improve leg strength and balance.
- Receive a client handbook and a copy of the video "Fitness for Preventing Falls"

British Columbia

Project Title: **Adult Injury Management Network (AIMNET)**

Contact:
Elaine Gallagher & Vicky Scott
University of Victoria
Centre on Aging
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Victoria, BC V8W 2Y2
Tel.: (250) 721-6369
Fax: (250) 721-6499
Website: www.coag.uvic.ca

Description: AIMNet was formed to forge partnerships and links across the province. It brought together representatives from organizations serving seniors and persons with disabilities, health care practitioners, aboriginal people, local and provincial government personnel, educators, and researchers. The strategic actions for AIMNet included: coalition building and networking; community development; communication, consultation and education; reaching to Canada and beyond; research proposals and projects.

Project title: **Coordinated Response to Falls Prevention (Watch Your Step!)**

Contact:
Leila Jensen
Falls Prevention Project Manager
411 Seniors' Centre Society
411 Dunsmuir Street
Vancouver, BC V6B 1X4
Tel.: (604) 684-8171
Fax: (604) 681-3589
Website: www.411seniors.bc.ca/projects/fallsprevention.htm

Description: The project goal is to reduce fall risks in seniors and veterans in Vancouver by providing them with fall prevention information and support to enable them to make changes in personal health practices which contribute to falls. Using a multi-strategy approach, the project will initially conduct a public information campaign to increase public awareness of falls among older adults in Vancouver. It will develop and deliver an education, awareness and prevention program for active seniors, veterans and their caregivers living in selected areas of Vancouver. Senior and veteran volunteers will be recruited and trained to offer this program. Given the high percentage of Punjabi and Chinese-speaking seniors in the city, special efforts will be directed to adapting materials and outreach strategies to ensure their meaningful participation. Finally, the project will increase the knowledge of volunteer counsellors around fall risks and hazards and work with them to

develop strategies to assist their more frail, isolated clients to assess and manage their personal risk factors.

**Project funded by the Health Canada / Veterans Affairs Canada Falls Prevention Initiative (6793-10-2001/0340022).*

Project Title: **Fall Prevention Program**

Contact(s): Debora Peck
North Peace Care Centre
Fort St. John, BC V1J 1A2
Tel.: (250) 261-6876
Fax: (250) 787-3355

Description: A combination of "Steady as You Go"', "First Step" booklets and local resources are being used in the program. Sessions run for 1 ½ hours and includes a variety of speakers, equipment demonstrations and a fitness/balance video.

Project Title: **The First Step: Fall Prevention Starts with You!**

Contact: Gladys Bundrett
Burnaby Coalition to Prevent Falls
Simon Fraser Health
300 – 10233 153 Street
Surrey, BC V3R 0Z7
Tel.: 1-(877)-935-5669 or (604) 525-5298
Fax: (604) 525-5480
Website: www.fraserhealth.ca

Description: The program consists of a self-assessment and self-empowerment booklet for seniors to take control over their risks for falling. Educational sessions are given wherever seniors and their caregivers can be found. The formal sessions are given at the request of any senior or group that wishes to learn about fall prevention. A train-the-trainer draft model for delivery assists in the dissemination of information (to relieve the chair who has been the sole deliverer of formal sessions). It is envisioned that the Coalition will offer a half-day workshop to individuals willing to participate in this model. A workshop for instructors who work in the area of fitness for seniors is being developed so that they will be able to include the needed information in their courses. Simon Fraser Health Region is working on building a coalition and then efforts will be made to implement a region-wide fall prevention strategy.

Project title: **Fraser Health Authority Falls Prevention Initiative**

Contact:
Marcia Carr
Fraser Health Authority
260 Sherbrooke Street
New Westminster, BC V3L 3M2
Tel.: (604) 434-4211, local 3446
Fax: (604) 412-6170
Website: www.fraserhealth.ca

Description: The project goal is to reduce the number of falls and fall-related injuries among seniors, veterans and caregivers in Burnaby and Ridge Meadows by delivering a fall risk reduction program. The project will take place in seniors' centres, seniors' housing complexes and branches of the Royal Canadian Legion. Key program components include: educational workshops to increase awareness and knowledge of risk factors, fall hazards and prevention strategies; fall risk assessments and the development of individualized programs for participants. Outreach by home care professionals will facilitate participation by the more frail or isolated seniors/veterans. Where necessary, transportation will be arranged for those unable to get to the project venues. Trained senior and veteran volunteers will regularly follow up with participants to provide support and to track personal and environmental changes and falls experiences. A social marketing/public awareness campaign will be conducted to complement and reinforce the overall strategy.

**Project funded by the Health Canada / Veterans Affairs Canada Falls Prevention Initiative (6793-10-2001/0340021).*

Project Title: **Long Term Care Fall Injury Surveillance and Prevention**

Contact:
Vicky Scott
Senior Advisor, Falls Prevention
BC Injury Research & Prevention Unit and
Office for Injury Prevention
Ministry of Health Planning
1515 Blanshard 4th Floor
Victoria, BC V8W 3C8
Tel.: 250-952-1520
Fax: 250-952-1570

Description: The goal of this project is to reduce the number and severity of fall injuries among residents of long term care (LTC) facilities in British Columbia. This project is operating with the support of a provincial Steering Committee with representation from Home and Community Care, Community Care Licensing, participating Health Authorities, LTC management, clinical nursing, medical consulting and physiotherapy. Objectives of the project include:

- Developing a collaborative, interdisciplinary process for testing strategies for identifying fall risk factors and implementing best practices for fall prevention.

- Pilot testing a standardized fall reporting form in 3 LTC facilities in different

Health Regions.
- Implementing and evaluating fall prevention strategies.
- Disseminating findings to all Health Regions with recommendations for province-wide best practice strategies for falls prevention in LTC facilities

Project Title: **Medical Equipment Loan Services (MELS)**

Contact:
Canadian Red Cross Society
British Columbia (90+ depots in BC and Yukon)
4750 Oak Street
Vancouver, BC V6H 2N9
Tel.: (604) 709-6600
Tel.: (604) 709-6688
Website: www.redcross.ca

Please call your local Canadian Red Cross offices to see if the program is available in your area.

Description: A low cost, short-term loan service offers a variety of health care equipment to individuals in communities and provides mobility equipment to residents who are recovering in their own homes from illness, injury or surgery. Information is given on the proper use of the equipment. The equipment loaned helps with fall prevention including walkers, crutches, canes, wheelchairs and bath aids (stools and seats).

Project Title: **Step Safe Prevention Program**

Contact:
Lynn Cregg-Guinan
Osteoporosis Society of Canada
British Columbia Division
2075 West 37th Avenue
Vancouver, BC V6M 1N7
Tel.: (604) 731-4997
Fax: (604) 731-4691
Website: www.osteoporosis.ca

Description: This partnership project targets seniors susceptible to falls and employs strategies to reduce the risk of falling and decrease the incidence of fractures, disabilities, deaths and other related impacts. The one-hour workshops based on the "train the trainer' models are delivered where seniors congregate.

Project Title: **Short term Assessment and Treatment Centre, Vancouver General Hospital**

Contact:
Jenny Elliot
Day Unit, Vancouver General Hospital
715 West 12th Avenue
Vancouver, BC V5Z 1M9
Tel.: (604) 875-4116
Fax: (604) 875-5593

Description: Small groups of clients attend health education sessions. The physiotherapist provides information on fall risk factors present in individual clients. The objective is to facilitate the cooperation of individual clients with the interdisciplinary team in alleviating the risk factors and teaching clients how to cope with their problems. The sessions are approximately 50 minutes. Only a small percentage of clients attend the sessions but all clients are treated by the appropriate discipline to deal with risk factors. Clients attend the Day Unit twice weekly for three months (average).

Project Title: **South Island Region Falls Prevention**

Contact:
Laurie Brady-Mueller
Vancouver Island Health Authority
1450 Hillside Avenue
Victoria, BC V8T 2B7
Tel.: (250) 370-5609
Fax: (250) 370-5612
Website: www.viha.ca

Description: The project goal is to reduce fall risks and the number and severity of falls among seniors and veterans in Victoria by developing and delivering a falls prevention program in selected seniors' housing complexes and veterans' clubs/day centres. The project will work with seniors and veterans vulnerable to the problem as well as with staff, volunteers and caregivers who support them. Seniors and veterans will be recruited and trained to help participants identify personal and environmental risk factors and to support them in developing and implementing action plans to reduce or eliminate identified factors. Key stakeholders such as apartment managers, pharmacists, home support workers and municipal authorities will be involved in the implementation of the action plans. Regular follow-up with participants will be done to determine if risk factors were modified and whether falls were reduced.

**Project funded by the Health Canada / Veterans Affairs Canada Falls Prevention Initiative (6793-10-2001/0340023).*

Project title: **Stepping Out Together - Overcoming the Barriers of Change**

Contact:
Mike Vanderbeck
Social Planning Council for the North Okanagan
3205-31st Avenue
Vernon, BC V1T 2H2
Tel.: (250) 558-0040
Fax: (250) 545-0091
Website: www.spcno.bc.ca/seniors/falls/index.html

Description: The workshops are designed to provide seniors, veterans and caregivers with initial information and encourage their involvement in the project. Peer leadership is integral to the project design and will be assured via a comprehensive training program which will prepare senior and veteran volunteers to deliver the proposed initiatives. The NOHR will donate the services of pharmacists and nurses to support the medication review program.

**Project funded by the Health Canada / Veterans Affairs Canada Falls Prevention Initiative (6793-10-2001/0340017).*

Project Title: **Strategy Action for Independent Living (S.A.I.L.)**

Contact:
Vicky Scott
Senior Advisor, Falls Prevention
BC Injury Research & Prevention Unit and
Office for Injury Prevention
Ministry of Health Planning
1515 Blanshard 4th Floor
Victoria, BC V8W 3C8
Tel.: 250-952-1520
Fax: 250-952-1570

Description: The goal of this project is to reduce the number of falls and related injuries for frail seniors living in the community through the training of home health care support workers in the best practices for falls prevention. Project objectives include:

- Establishment of priorities and practices for the training of health care support workers who provide at-home
- services to frail seniors through consultation with a steering committee of key stakeholders.
- Design and testing of a best practices training module for falls prevention based on a synthesis of current literature.
- Pilot testing of the module in a training workshop.
- Implementation and monitoring of the effectiveness of the module in reducing risk factors and falls.

Project title: **Veterans & Seniors Falls Prevention Community Partnership Initiative**

Contact:
Mike Gumpel
Northern Health Authority
8264 St. John Crescent
Prince George, BC V2N 4H8
Tel.: (250) 967-4004
Fax: (250) 565-2640
Website: www.northernhealth.ca

Description: The project goal is to reduce areas of risk in the outdoor and public environment that contribute to falls among seniors and veterans and to enhance the capacity of seniors, veterans and their communities to reduce the risk of falling in such locations. Using a multi-strategy approach, the project will: increase public awareness of falls among older adults in the region; provide community stakeholders with current information on risk factors and best practices for falls prevention; assist individuals at risk and their caregivers to identify and reduce personal risk factors; engage a group of seniors and veterans in five communities to be tracked for falls and fall injury reduction for one year; and establish a system for reporting and reducing environmental hazards in public places.

**Project funded by the Health Canada / Veterans Affairs Canada Falls Prevention Initiative (6793-10-2001/0340020).*

Manitoba

Project Title: **Community Services for Seniors, Primary Health Program**
Seniors Health Resource Team

Contact:
Sonja Lundstrom
Winnipeg Regional Health Authority
1800 - 155 Carlton Street
Winnipeg, MB R3C 4Y1
Tel.: (204) 926-7000
Fax: (204) 926-7007
Website: www.wrha.mb.ca

Description: To enable seniors to live independently in a health-conducive community by providing primary health care, health promotion, illness and injury prevention and disability postponement for optimum quality of life. A registered nurse and an occupational therapist provide these services. Targeted individuals are aged 55+ living in 5 apartment blocks in the River East area, members of Good Neighbours Seniors Centre and members of the community at large. Outcomes include; increased appropriate use of medication, appropriate use of mobility aides, use of home management strategies related to presenting issue; improved building and community physical environment to address the issues of instrumental activities of daily living; improved and maintained

physical and mental capacities through health promotion strategies.

Project Title: **Medical Equipment Loan Services (MELS)**

Contact:
Canadian Red Cross Society
Manitoba Region
504-240 Graham Avenue
Winnipeg, MB R3C 0J7
Tel.: (204) 982-7336
Website: www.redcross.ca

Please call your local Canadian Red Cross offices to see if the program is available in your area.

Description: A low cost, short-term loan service offers a variety of health care equipment to individuals in communities and provides mobility equipment to residents who are recovering in their own homes from illness, injury or surgery. Information is given on the proper use of the equipment. The equipment loaned helps with fall prevention including walkers, crutches, canes, wheelchairs and bath aids (stools and seats).

Saskatchewan

Project Title: **Link to Health**

Contact:
Roanna McCoy
The Canadian Red Cross Society
National Link to Health Office
2571 Broad Street, Box 1185
Regina, SK S4P 3B4
Tel.: (306) 347-2628
Fax: (306) 757-2407
Website: www.crm.mb.ca/redcross/

Also available in the following cities: Saskatoon (306) 668-0720 and Prince Albert (306) 765-2600. Please call your local Canadian Red Cross offices to see if the program is available in your area.

Description: Link to Health is an active living program designed to help older adults get moving and keep moving. The program is for individuals 55 and older who would like to become or stay functionally independent.

In the Link to Health Activity Guide there is a chapter on balance activities as well as a chapter on strength and endurance exercises. Over 12 weeks, a Link to Health program might meet from 12 to 36 times. Skill related fitness includes: agility, balance, coordination, speed, power and reaction time. Health related fitness includes: cardiovascular fitness, strength and endurance, flexibility, body composition and

freedom from injuries.

Project title: **Home Safety for Seniors**

Contact:
Darrell Noakes
Saskatchewan Safety Council
Box 8562
Saskatoon, SK S7K 6K6
Tel.: (306) 343-6399
Fax: (306) 343-6199
Website: www.sasksafety.org/programs/community.html

Description: Accidents in the home are common among people of all ages, but can be more dangerous as we age. This course provides common sense tips about fall prevention, fire safety, the safe use of medications, poison prevention, protecting the home from burglars, con artists, and more.

Project Title: **"Positive Steps" Fall Prevention and Exercise Program**

Contact:
Active Living Co-ordinator
Regina Qu'Appelle Health Region
2110 Hamilton Street
Regina, SK S4P 2E3
Tel.: (306) 766-7731
Fax: (306) 766-5414
Website: www.rqhealth.ca/programs/comm_hlth_services/pubhealth/positive_steps.shtml

Description: The Positive Steps Fall Prevention and Exercise Program was developed to introduce and lead older adults through an exercise program as a way to prevent falls, which could result in serious injury. It includes a handbook, a video cassette as well as an audio cassette of Positive Steps Exercise Program.

Project Title: **Seniors Fall Prevention - Safe Communities**

Contact:
Public Health Services
Saskatoon District Health
2009 Clarence Avenue
Saskatoon, SK S7J 1L2
Tel.: (306) 655-4930
Fax: (306) 655-4931
Website: www.sdh.sk.ca/PHS/

Description: Public health nurses in the Older Adult program provide an hour education session to groups of seniors in the community. The objectives of the sessions are to:

- become aware of the causes of falls;
- learn tips and checks to remove avoidable hazards for ourselves and our

environment; and
- learn of local resources to support or assist to reduce/eliminate risks.

Ontario

Project Title: **Aging and Plantar Mechanoreceptors in Postural Control**

Contact:
Bill McIlroy
Centre for Studies on Aging
1075 Bayview Av.
Toronto, ON M4N 3M5
Tel.: 416-480-5858
Fax: 416-480-5856
Website: www.swchsc.on.ca/~csia/Research/falls&post.htm

Description: Recent studies by the CSIA have documented the importance of corrective stepping in the maintenance of upright posture, and have also shown that deterioration in the control of lateral postural sway is predictive of falling risk in the elderly. In spite of the possible importance of these responses, stepping and lateral balance control both are poorly documented. This study will determine whether facilitating sensation from the soles of the feet in healthy elderly subjects will lead to improved control of lateral balance and compensatory stepping.

Project Title: **Avoiding slips, trips and broken hips**

Contact:
Dr. Michael Stones
Northern Educational Centre for Aging and Health
c/o Health Sciences North
955 Oliver Road
Thunder Bay, ON P7B 5E1
Tel.: (807) 343-2126
Fax: (807) 343-2104
Website: www.lakeheadu.ca

Description: The goal is to implement a community-wide awareness campaign, specific to the needs of the North, about the risks and impact of falls among seniors/veterans and to decrease the number of falls. The objectives are: to enhance the building of the Falls Prevention Coalition; to deliver programming aimed at seniors/veterans, family members and caregivers that increase the knowledge and understanding of preventing falls; to decrease the number of risk factors in the community that contribute to falls; to increase awareness of city planners, general public and seniors/veterans regarding

external environmental risk factors; and to measure the effectiveness of crampons

(spiked shoes) in reducing the risks of falls on ice.

**Project funded by the Health Canada / Veterans Affairs Canada Falls Prevention Initiative (6793-06-2001/1160024).*

Project Title: **Behavioral and exercise strategies for alleviating falling in the elderly (BESAFE)**

Contact:
Dr. Lawrence Brawley
University of Waterloo
c/o Department of Kinesiology
200 University Ave. West
Waterloo, ON N2L 3G1
Tel.: (519) 888-4567 ext. 3153
Fax: (519) 885-0470
Website: www.ahs.uwaterloo.ca/

Description: This project has two components: 1) to implement and evaluate the BESAFE falls prevention program and 2) to improve long-term adherence by seniors/veterans to exercise programs. First, BESAFE involves standard exercise along with specially designed exercises to improve balance. This program can maintain and improve mobility for seniors/veterans in their everyday life. Second, the literature shows that seniors/veterans will attend exercise programs and do follow-up practice at home but only on a short-term basis. This project will also be addressing the issue of increasing adherence to exercise programs so that there will be long-term benefits.

**Project funded by the Health Canada / Veterans Affairs Canada Falls Prevention Initiative (6793-06-2001/1160017) .*

Project Title: **Chatham-Kent C.C.A.C. Falls Prevention Program**

Contact:
Tricia Khan
Chatham-Kent Community Care Access Centre
750 Richmond Street
P.O. Box 306
Chatham, ON N7M 5K4
Tel.: (519) 436-2222
Fax: (519) 351-5842
Website: www.ck.ccac-ont.ca

Description: A multidisciplinary service and instruction given to CCAC clients (physiotherapy, nursing and occupational therapy) in their own homes - specific to what they can do to prevent falls.

Project Title: **The Christmas Safety Package Program**

Contact:

Marnie Garrett
Community Health Services Department
Lambton Health Unit
160 Exmouth Street
Point Edward, ON N7T 7Z6
Tel.: (519) 383-8331 ext. 508
Fax: (519) 383-7092
Website: www.lambtonhealth.on.ca

Description:

The focus of the Christmas Gift Package program is a bright red pail fitted partially with sand and scoop to use outside the front/ back door to deal with icy steps and walkways. As well, flashlight and batteries, advanced foot care program coupons, Meals on Wheels coupon, Health Heart pins, CMHC home safety assessment guide, "Living it Up" – a Lambton County Activity Guide, candy, eau de toilette samples, pickle pickers, lid grabbers and pamphlets advertising seniors' associations' handyman services are included and packaged festively. Fifty packages were created for a cost of $10 each. The intent is for these to be purchased for the older adult for use in their homes.

Project title:

The Coalition for the Prevention of falls in the Elderly of Eastern Ontario

Contact:

Denis Boileau
Eastern Ontario Health Unit
457 Main Street E., P.O. Box 616
Winchester, ON K0C 2K0
Tel.: (613) 774-2739
Fax: (613) 774-4079
Website: www.eohu.on.ca

Description:

This is a community group made up of different groups and agencies as well as volunteers who seeks to educate the public, create awareness, bring about environmental changes, and develop policies around the issue of falls and seniors. The group uses resources such The Fall Prevention Checklist from Lifeline, The Step Safe Project and You Can Prevent Falls from Health Canada/Veterans Affairs Canada Falls Prevention Initiative.

Project Title: **Creating Care Partners: Falls Prevention and Management Among Community-dwelling Seniors Through Primary Care**

Contact:
Dr. Jean-François Kozak
University of Ottawa
c/o Department of Family Medicine
43 Bruyère Street
Ottawa, ON K1N 5C8
Tel.: (613) 562-6365
Fax: (613) 562-6387

Description: The project seeks to advance the knowledge of falls prevention and falls management among family physicians/family medicine residents and their senior/veterans clients. The specific objectives are to develop resource materials and provide training on: 1) an Educational Falls Resource Guide for seniors/veterans on falls (risk factors, prevention, how to report a fall, care management and follow-up); 2) an evidence-based Educational Falls Resource Module and Falls Care Guide for family physicians on falls (screening, assessment, prevention, management and follow-up) and; 3) a Falls Discussion Guide to enhance senior-directed conversation with their family physician on falls and falling.

**Project funded by the Health Canada / Veterans Affairs Canada Falls Prevention Initiative (6793-06-2001/1160029).*

Project Title: **Determination of Effective Fall Prevention Strategies**

Contact:
Paula Fletcher
Wilfrid Laurier University
c/o Department of Kinesiology & Physical Education
75 University Avenue West
Waterloo, ON N2L 3C5
Tel.: (519) 884-0710 ext. 4159
Fax: (519) 884-8829
Website: www.wlu.ca

Description: The main activities of this projects are to adapt, produce resource materials and train project staff across all the funded projects; collect ongoing common information; supply each project with their respective data information; complete analyses and comparisons of the knowledge being developed amongst project sites and make recommendations as to the most effective strategies for preventing falls or reducing the risk factors for falls. Additionally, a component of this work is examining the relationship between falls and heart health amongst seniors and veterans.

**Project funded by the Health Canada / Veterans Affairs Canada Falls Prevention Initiative (6793-06-2001/1160011).*

Project Title: **Developing a Community-Based Education Program for Older Persons**

Contact:
Brian J. Gleberzon
Canadian Memorial Chiropractic College Ontario
1900 Bayview Avenue
Toronto, ON M4G 3E6
Tel.: (416) 482-2340
Fax: (416) 482-9745
Website: www.cmcc.ca/

Description: To help dispel any myths older persons may have about osteo-arthritis and osteoporosis and about the chiropractic approach to care, and to suggest ways to safety-proof a person's home. Slides, anatomical models and handouts are used by 7 chiropractic interns in various senior's centres. There is also a discussion on exercise, nutrition.

Project Title: **Don't Fall in the Fall**

Contact:
Kathy Nesbitt
The Elgin Safety Team for Adults
The Elgin-St. Thomas Health Unit
99 Edward Street
St. Thomas, ON N5P 1Y8
Tel.: (519) 631-9900
Fax: (519) 633-0468
Website: www.elginhealth.on.ca

Description: Half-day workshops for community dwelling seniors highlighting different risk factors through skits, presentations, etc. Resources used are: flipchart, brochures, placemats and displays adapted from Brant Co. We also use the Safe Living Guide for Seniors, Physical Activity Guide for Older Adults and Knowledge is the Best Medicine.

Project Title: **Education/Early Intervention Program-Falls Prevention Session**

Contact:
Wendy Dolan
Sister Margaret Smith Centre
35 N. Algoma Street
Thunder Bay, ON P7B 5G7
Tel.: (807) 343-2436
Fax: (807) 343-9447

Description: The Education/Early Intervention program consists of 7 sessions (one of them being Falls Prevention Session) using a multi-disciplinary approach and designed for presentation in a community where seniors live or congregate. Each session is targeted toward adults over the age of 55, and their care providers. The length of the sessions is between 45 to 60 minutes, with another half hour for conversations with individual participants if needed. After each session, the participants are given written education material.

Project Title: **Exercise to Prevent Falls... A winning formula for older adults**

Contact:
Peterborough County-City Health Unit
10 Hospital Drive
Peterborough, ON K9J 8M1
Tel.: (705) 743-1000
Fax: (705) 743-2897
Website: www.pcchu.peterborough.on.ca/exercisevideoorder.htm

Description: This is an exercise video that depicts seven stretching exercises and nine strengthening exercises demonstrated by and for older adults. These exercises can be done every day to help you be active, prevent falls, and maintain independence.

Project Title: **Falls/Injury prevention program for seniors**

Contact:
Sheila Smyth
Joseph E. And Minnie Wagman Centre
55 Ameer Avenue
Toronto, ON M6A 2Z1
Tel.: (416) 785-2500 ext. 2555
Fax: (416) 785-2378
Website: www.baycrest.org/directory_community_centre_overview.htm

Description: The goal is to implement a seamless linkage among the various levels of the continuum of care, from primary prevention to rehabilitation, with regard to falls prevention for seniors/veterans. The objectives are: to pilot a mobile multidisciplinary Falls Intervention Team (FIT) with a major focus on risk assessment, a home-based exercise program, medication management and in-home education for the senior/veteran and their support system of informal and formal caregivers; to establish a team of clinical specialists to provide consultation to the team and clients and; to facilitate a community capacity assessment for sustainability of the FIT program.

**Project funded by the Health Canada / Veterans Affairs Canada Falls Prevention Initiative (6793-06-2001/1160025).*

Project Title: **Fall Intervention Team Project (F.I.T.)**

Contact:
Sandra Vessel
Injury and Substance Abuse Prevention Team
York Region Health Services Dept.
17250 Yonge Street
Newmarket, ON L3Y 6Z1
Tel.: (905) 895-1231
Website: www.region.york.on.ca

York Region Health Services Department is serving: Newmarket, Aurora, King, Vaughan, Georgina, East Gwillimbury, Whitchurch, Richmond Hill and Markham.

Description: The overall FIT Project goal is to reduce the incidence and consequences of falls for at-risk, frail seniors and veterans 65 years and over. The FIT (Falls Intervention Team) pilot is a collaborative falls prevention initiative designed to preserve the independence and dignity of seniors and veterans in their own home within the municipalities of Vaughan and Richmond Hill. The three lead organizations are: York Region Health Services, Public Health; Toronto Public Health and Baycrest Centre for Geriatric Care

The FIT Project includes assessment and intervention for seniors and veterans who may be at risk for falling. A standardized assessment is performed on admission to, discharge from, and 6 months after discharge from the FIT Project. The intervention consists of 6 visits to the senior's home by a Public Health Nurse and/or Physiotherapist. Seniors are given individualized counseling on how to reduce the multiple risk factors associated with falling, including medication management, and are instructed in a Home Support Exercise Program (HSEP) which was developed by and is being studied at the Canadian Centre for Activity and Aging in London, Ontario.

Project Title: **Fall Prevention Program**

Contact: Ginette Asselin
Region of Ottawa-Carleton
City of Ottawa
451 Smyth Rd, Rm 1118-G
Ottawa, ON K1H 8M5
Tel.: (613) 562-5800 ext 8020
Fax: (613) 562-5658
Website: www.ottawa.ca/city_services/yourhealth/seniors/fallprevention_en.shtml

Description: Components of the program include awareness activities and planning social marketing strategies. The theme identified by seniors is " Cherish Your Independence – For Seniors A Fall Can Take It Away". The following resources were developed on the risk factors for falls and areas of intervention:

- a *Senior's Guide to Preventing Falls* (booklet),
- fact sheets available in English, French, Chinese, Vietnamese and Italian,
- three pamphlets (*Are you at risk? Tips to Relax, Puzzled about a Gift for Seniors?)*

Additional awareness strategies include submission of articles to various seniors and community newspapers, presentations to community groups, and displays at community events. Fall prevention clinics are held in locations where there is a higher concentration of frail/high-risk seniors. Seniors identified at risk for falls are offered a home visit. Fall prevention workshop and presentations were designed for health professionals and service providers. They include information on risk factors and areas of intervention.

Project Title: Fall Prevention Programs

Contact:
Cheryl McCaw
Sudbury and District Health Unit
1300 Paris Street
Sudbury, ON P3E 3A3
Tel.: (705) 522-9200 ext. 310
Website: www.sdhu.com

Description:

1) Fall Busters Volunteer Program: Fall Busters is a pilot home visiting program targeting homebound seniors who have fallen or are at high risk for falls and/or fall-related injuries. Peer volunteers will be trained to provide basic information on: falls and the risk factors for falls, identification of home hazards and home modification, the importance of physical activity in aging and how to use an exercise video to encourage seniors to increase their activity level, and basic information on community resources.

2) Fall Prevention Program in the Home: The program provides group workshops in French and English to seniors, caregivers and healthcare staff in order to increase awareness and knowledge of risk factors for falls in the home (*Are You in Jeopardy?*). There are several program resources available such as: Top 12 Tips to Prevent Falls pamphlet and Stay Fit & Prevent Falls pamphlet.

3) Presentations "Are You in Jeopardy"?: One hour presentation using the "Are You in Jeopardy?"targeting seniors and caregivers to increase their knowledge regarding risks for falls. Participants are encouraged to assess their own risks and make a plan to decrease their risks for a fall. Additional resources are used including a variety of handouts such as the "Passport to Safety Checklist" and the video "Exercise to Prevent Falls".

Project Title: **Fall Prevention Programs**

Contact:
Kathy Tomecek
Chatham - Kent Public Health Services
435 Grand Avenue W.
P.O. Box 1136
Chatham, ON N7M 5L8
Tel.: (519) 352-7270 ext. 2457
Website: www.chatham-kent.ca

Description:

1) Safetyfest: Each year a community coalition plans a fun day for older adults to increase their awareness of injury prevention and personal safety. We have several guest speakers, door prizes, displays and entertainment. Lunch is included and the cost of a ticket is $5.00 to cover lunch. It is held at our local Senior Centre with between 150-200 participants. The event's MC has been a local radio personality which adds to the media coverage for this event.

2) Steady as You Go: Fall Prevention Program for Healthy Older Adults: This

senior facilitated falls prevention program helps older adults assess their risk for falling and learn what they can do to prevent them. It takes a multfactorial risk factor approach with an emphasis on exercise/physical activity to increase leg strength and improve balance.

3) Step Safe Program: This program builds on our efforts in falls prevention by reducing the number and severity of falls on pedestrian walks. Each household in CK was sent a pamphlet describing this program with a fridge magnet inside to keep as quick reference. When a resident sees a sidewalk hazards such as a hole or uneven concrete they are to call our hotline number. The Public Works Department will then investigate every sidewalk concern in a timely manner; make any necessary temporary repairs as soon as possible; complete permanent repairs when possible; and make any call backs requested.

4) Your Passport to Safety Checklist: This easy to use booklet, takes you through each room in your house and asks, yes or no questions related to potential risks for injury to sport. Suggestions for simple improvement and a list of changes needed to keep you and your family safe from falls.

Project Title: **Fall Prevention Program**

Contact: Jackie Smith
Injury Prevention - Region of Peel
10 Peel Centre Drive
Brampton, ON L6T 4B9
Tel.: (905) 791-7800 ext. 4636
Fax: (905) 791-7871

Description: Program components include awareness building activities and planning social marketing strategies. Key messages used: Stop a Fall Before it Happens – Falls are predictable and preventable and everyone is at risk. Additional awareness strategies include presentations and displays to community groups and at community events. Also utilize media opportunities such as newspaper articles and local T.V. spots to raise awareness on falls prevention. The multi-cultural community is also targeted as part of this media strategy. Information also available on Peel Health Web site. Fall prevention clinics are held in senior apartment buildings and identified high-risk senior and multi-cultural groups. They include information on falls risk factors and strategies to prevent falls.

Current partnerships include the Adult Injury Prevention Network, the Public Health Falls Prevention work Group, The Caregivers of Peel Network, The Provincial Partners Falls Awareness Campaign and Safe City Brampton.

**Project funded by the Health Canada / Veterans Affairs Canada Falls Prevention Initiative (6793-06-2001/1160019).*

Project Title: **Fall Prevention Program**

Contact:

Sandra Vessel
Injury and Substance Abuse Prevention Team
York Region Health Services Dept.
17250 Yonge Street
Newmarket, ON L3Y 6Z1
Tel.: (905) 895-1231
Website: www.region.york.on.ca

York Region Health Services Department is also serving: Newmarket, Aurora, King, Vaughan, Georgina, East Gwillimbury, Whitchurch, Richmond Hill and Markham)

Description:

Clients are selected from those already attending day hospital who have a Folstein Score of 24/30 or above. Services provided include: pre & post measures; home visit using Westmead home safety assessment; exercise program taken from Canadian Centre for Activity and Aging; personal risk factors identified; medications reviewed; education series including, 'How to get up from a Fall'; benefit of exercise and risk factors; follow-up at 3 and 6 months.

The falls prevention program provides:

- falls prevention education sessions and displays (English, Chinese and Italian) for groups of seniors and health professionals
- fact sheets, resources, newsletter inserts for health professionals and seniors (English, Chinese and Italian)
- partner with Fire Departments in York Region to deliver "Remembering When" Falls & Fire Prevention Program
- falls assessment clinics for seniors in apartment buildings and community settings
- personal consultation and education by phone or in-home
- in-home falls assessment and referral to assess home environments for risk of falls
- data analysis and monitoring of falls incidence and gaps in service
- advocacy for safe environments, policies and education (eg. pedestrian safety, training for caregivers and home support workers on a home exercise program to prevent falls for their clients/family members)

Project Title: **Falls Prevention Program**

Contact: Carol Goodall
Chair of a multi agency membership including health units, VON, private business and rehab organizations.
c/o Hastings and Prince Edward Counties Health Unit
179 N. Park Street
Belleville, ON K8P 4P1
Tel.: (613) 966-5513 ext. 233
Fax: (613) 966-9418
Website: www.hpechu.on.ca/Topics/FamilySafety/fallsSeniors.htm

Description:

1) Community Nursing Home Falls Tracking Project: Nursing Home Falls Tracking Project: collaboration of local nursing homes to develop a way to track the number of falls, causes, outcomes. Each facility uses the same incident/unusual occurrence tool to track and monitor falls
   - for 2003, the initial 6 month falls audits will be available to establish base line number and trends
   - a pilot site is chosen to introduce fall prevention decision tree and high risk falls prevention nursing care interventions.

2) Falls Prevention Coalition: Falls Prevention Coalition: yearly projects to raise awareness about severity of falls injuries within the 65+ population and risk factors. Past events include workshops for professionals, 2002 creation & distribution of 8000 placemats.

3) Medcine Clean Out: A community-wide campaign in partnership with local pharmacies to encourage seniors to remove expired, no longer needed medications. Emphasis on all categories of meds, OTC, Rx, vitamins, herbals. Pre printed disposal bags are distributed with pharmacies providing environmentally safe disposal. Concurrent community seminars about the link between medications and falls.

Project Title: **Fall Prevention Program**

Contact: Grace Castro-Nolet and Jane Stewart-Gray
Sisters of Charity Geriatric Day Hospital
43 Bruyère Street
Ottawa, Ontario
K1N 5C8
Tel.: 613-562-6319
Fax: 613-562-6023
Website: www.rgapottawa.com/english/seniors_families_caregivers/sco.asp

Description: Hosts a 35-member fall prevention coalition. Provides fall prevention education sessions and displays (English and Chinese) for groups of seniors and health professionals, fall prevention clinics for seniors in apartment buildings and community settings, fact sheets, resources, newsletter inserts for health professionals and seniors

in English, Chinese, and Italian, personal consultation and education and advocacy for safe environments, home visits referred by health professionals. Develops policies and education e.g. training for caregivers and home support workers on a home exercise program to prevent falls for their clients/family members.

Project title: **Fall Prevention Program**

Contact:
Lynne Gary & Carol Reilly
The Regional Municipality of Durham Health Department
Lang Tower, West Bldg.
Suite 210, Whitby Mall1615 Dundas St. E.
Whitby, ON L1N 2L1
Tel.: (905) 723-8521
Website: www.region.durham.on.ca

The Durham Region Health Department produced a "12 Tips to Prevent Falls" pamphlet, "Falls Prevention in the Home" pamphlet, Falls Prevention bookmark, and seasonal "Falls Prevention Tips" which are distributed at various community events, displays and workshops. Two communication campaigns are conducted throughout the year; Seniors Month (June) and Falls Prevention Week (October).

Project Title: **Fall Prevention Program**

Contact:
Kate Allen and Carrie Bourdon
Violence and Injury Prevention Program
Simcoe County District Health Unit
15 Sperling Drive
Barrie, ON L4M 6K9
Tel.: (705) 721-7330
Fax: (705) 721-1495
Website: www.simcoehealth.org

Description: Public Health Nurses raise awareness and knowledge about fall prevention, provide education through online resources, presentations, displays, and health and safety fairs. PHNs act as liaisons between community service providers and the target population responding to community-identified needs for service. All fall prevention resources are available online at www.simcoehealth.org.

Project Title: **Falls Prevention Programs**

Contact:

Donna Markarian and Françoise Hubley
Regional Niagara Public Health Department
573 Glenridge Avenue
St. Catharines, ON L2T 4C2
Tel.: (905) 688-3762 ext. 7306
Fax: (905) 688-7024
Website: www.regional.niagara.on.ca/health/seniors/

The Regional Niagara Public Health Department is servicing Fort Erie, Grimsby, Lincoln, Niagara Falls, Niagara-on-the-Lake, Pelham, Port Colborne, St. Catharines, Thorold, Wainfleet, Welland, West Lincoln)

Description:

1) Osteoporosis Awareness and Education Program: The Osteoporosis Society of Canada (OSC) Niagara Chapter has recently been developed and the volunteers are being trained on many topics related to osteoporosis so they can deliver education via health fairs, presentations to the public.

2) Are you in Jeopardy? Falls Intervention Clinic: The falls intervention clinic provides an assessment including a physical examination to help determine a person's risk for falls and a comprehensive personalized care plan for preventing the potential injury-producing fall. Two clinics are in Niagara Region.

3) Are You in Jeopardy? Home Safety Checklist and Video Program: The video and checklist presentation stresses hazard reduction. Retired professionals go through each room of a house, focusing on the hazards that most frequently contribute to a fall or a home injury and providing solutions. The senior follows the video while answering questions in the home safety checklist brochure and accumulating points to compare with others. The checklist may be used alone or as an education tool. When the video is shown on television, home audiences can use a blank piece of paper to keep track of their points. Also: volunteer training, displays for health fairs, the Hazard House, community television, publications, National Seniors Safety Week activities, partnerships supporting the program.

4) Stepping Out Safely (S.O.S.): A program that looks at different strategies to promote safe walking practices and a barrier-free community. An important component of this program is a community audit where a group seniors join businesses to assess how safe it is for seniors to access their place of business and get around inside. Walking is seen as a mode of transportation, a link to independence and accessible physical activity for falls prevention but needing to be perceived as a safe activity. Volunteer training, presentations, displays support the program.

5) Seniors Med-Safe Program (Dunnville): A Medication Record Booklet (MRB) and computer-generated printout enhance the drug prescribing system. Computer software allows pharmacists to include the directions for use of prescription and over-the-counter medication on the drug profile. By routinely placing the current computer-generated drug profile in the MRB, pharmacists provide seniors with a tool that they can use to transmit vital information to

health care professionals. Requesting the MRB at each medical appointment facilitates regular medication review and encourages active participation of seniors in their health care. The combined effort of all community partners to promote the use of the MRB should sustain its use among seniors. This community-based strategy should reduce fall-related injuries and hospitalizations where medication use is a risk factor. Volunteer training, displays, partnerships, reminder signs, pharmacist presentations, publications, Pharmacists Awareness Week activities support the program

Project Title: **Falls Prevention Proposal**

Contact:
Valmay Barkey
Community Care Kawartha Lakes
202 - 189 Kent Street West
Lindsay, ON K9V 5G6
Tel.: (705) 324-7323 or 1 (800) 461-0327
Fax: (705) 328-0607
Website: www.community-care.on.ca/community_care.html

Description: The goal of this project is to reduce the incidence of falls and promote the overall well-being of seniors, particularly high-risk population groups including veterans and those with diminished health status. This goal will be achieved by developing tools to strengthen the ability of staff and volunteers to use, adapt and sustain the Steady As You Go (SAYGO) program that will have an enhanced social interaction component providing outreach to high-risk seniors and veterans.

**Project funded by the Health Canada / Veterans Affairs Canada Falls Prevention Initiative (6793-06-2001/116012).*

Project Title: **Falls Prevention Initiative in the District of Algoma**

Contact:
Don Oliver
Royal Canadian Legion Branch 25
P.O. Box 22040
Sault Ste. Marie, ON P6B 6H4
Tel.: (705) 945-8721
Fax: (705) 954-6372

Description: The primary goal of this educational project is to prevent falls in seniors/veterans in the District of Algoma by establishing awareness about the ways in which to prevent falls. Seniors/veterans will learn about home and personal safety, including medication safety, through radio, television and print medium. Plays will be used as a unique method for delivering falls prevention messages to seniors/veterans in their communities across the District. Service providers will be trained to use a Falls Risk Assessment Tool to determine unsafe practices and to help seniors/veterans prevent

falls. Volunteers will be trained to provide exercise programs to seniors/veterans. In

addition, videos will be available through public libraries and seniors' centres.

**Project funded by the Health Canada / Veterans Affairs Canada Falls Prevention Initiative (6793-06-2001/1160013).*

Project Title: **Falls Prevention in Seniors**

Contact:
Patricia Gardner
Wellington-Dufferin-Guelph Health Unit
71 Broadway Street
Orangeville, ON L9W 1K1
Tel.: (519) 941-0760 ext. 2520 or 1-800-265-7923
Fax: (519) 941-1600
Website: www.wdghu.org/topics/seniors/preventing_injuries.htm

Description: A falls intervention clinic has been established in Dufferin County with the support of the Trauma Prevention Council. It is directed to community living seniors, 65 years or older, who have experienced 2 or more slips, trips, near falls in the past year. The program also provides information to physicians, physiotherapists and occupational therapists so they can refer seniors to the clinic.

Project Title: **Feeling Better**

Contact:
Brad de St. Aubyn
Wellington-Dufferin-Guelph Health Unit
125 Delhi Street
Guelph, ON N0G 1N0
Tel.: (519) 822-1260 ext. 7992
Fax: (519) 836-7215
Website: www.wdghu.org

Description: This program strive to remove some of the obstacles faced by isolated seniors in the city of Guelph. The program is to increase endurance of seniors with a series of 10 exercises in the comfort of their own homes. The program is delivered by peer volunteers.

Project Title: **Fort Frances Senior's Coalition**

Contact:
Dorothy Poperchy
Northwestern Health Unit - Senior's Activities
396 Scott Street
Fort Frances, ON P9A 1G9
Tel.: (807) 274-9827 or 1-800-461-3348
Fax: (807) 274-0779

Description: Fall prevention is part of the integrated senior's program series.

Project Title: **Healthy Aging & Adult Wellness Falls/Prevention**

Contact:
Colleen Stahlbrand
Hamilton-Wentworth Social and Public Health Services Division
71 Main Street W.
Hamilton, ON L8P 4Y5
Tel.: (905) 546-3758
Website: www.hamilton.ca

Description: Public health nurses provide: group education aiming at risk-reduction and healthy lifestyle choices through educational drama, displays, presentations, health and safety fairs; liaison as key resource to community leaders, health care and service providers, staff of senior and recreational facilities; co-ordination and support for volunteers in their work; for community groups in their efforts to promote, maintain and improve health; advocacy for equal access and reduced barriers to health information and service i.e. community audit for safer streets; in partnership with the community, support for policy change to make our communities healthier and safer; collaboration with partners and participation in coalitions for research, resources and program development, i.e. Central West Coalition of Health Depts., Seniors Safety Committee (local, multidisciplinary).

Project Title: **Home Healthcare Equipment Services (HHES)**

Contact:
Canadian Red Cross Society
Woodstock-Oxford Branch
77 Finkle Street
Woodstock, ON N4S 3C9
Tel.: (519) 539-0265
Website: www.redcross.ca

Please call your local Canadian Red Cross offices to see if the program is available in your area.

Description: A low cost, short-term loan service offers a variety of health care equipment to individuals in communities and provides mobility equipment to residents who are recovering in their own homes from illness, injury or surgery. Information is given on

the proper use of the equipment. The equipment loaned helps with fall prevention including walkers, crutches, canes, wheelchairs and bath aids (stools and seats).

Project Title: **Home Safe Home Road Show: Injury Prevention for Seniors in the Community**

Contact:
Elsie Petch and Elizabeth Smith
South Riverdale Community Health Centre
955 Queen Street East
Toronto, ON M4M 3P3
Tel.: (416) 461-2493
Fax: (416) 461-8245
Website: www.gca.ca/SOUTHRIVERDALE.htm

Description: The Home Safe Home-Road Show (HSH-RS) is a unique seniors injury prevention project located principally in the South Riverdale Community of East Toronto. The goal of the project is to enhance and maintain the health and independence of the well elderly population in the community, through an innovative and respectful educational approach to injury prevention. The challenge of the HSH-RS was to develop injury prevention approaches and messages, which would reach the largest population possible with particular emphasis on a multi-cultural urban population. It recognizes the importance of senior health promotion and preventive strategies to ensure a healthy future for the elderly.

Project Title: **Home Support Exercise Program**

Contact:
Nancy Ecclestone
Canadian Centre for Activity & Aging
1490 Richmond Street
London, ON N6G 2M3
Tel.: (519) 661-1603
Fax: (519) 661-1612
Website: www.uwo.ca/actage/new/home.htm

Description: This is a 4-hour workshop for home support workers, volunteers and family caregivers. Participants learn the skills to assist family and homebound seniors in doing physical activity while they are in the home. This program was developed by: The Centre for Activity & Aging, in London, Ontario. This is one of many relevant programs described on their web site: http://www.uwo.ca/actage/

Project Title: **Home Support Exercise Program**

Contact:
Etheleen Porter-Brysch
Thunder Bay District Health Unit
999 Balmoral Street
Thunder bay, ON P7B 6E7
Tel.: (807) 625-5900
Fax: (807) 623-2369
Website: www.tbdhu.com

Description: The Home Support Exercise Program (HSEP) was developed by the Canadian Centre for Activity and Aging in 1996. It is comprised of 10 simple yet progressive exercises designed to enable frail, homebound older adults to maintain or improve their functional mobility and independence. Training resources, including a facilitator guide, resource manual, picture package and video, have been developed along with a HSEP workshop and training program for the trainer. Collaborative work has already begun in order to develop a model program for implementation of the HSEP and dissemination of the program across the province. The HSEP has been pilot-tested through a volunteer visitor network. The Centre will continue to investigate this mode of delivery, along with the delivery of the program through informal caregivers such as family or friends.

Project Title: **Injury Prevention Including Substance Abuse prevention Program**

Contact:
Joy Lang
Population Health Service
Ontario Ministry of Health and LTC
8th Floor, 5700 Yonge Street
North York, ON M2M 4K2
Tel.: (416) 327-7389
Fax: (416) 327-7438
Website: www.health.gov.on.ca

Description: To reduce the rate of fall-related injuries by 20% in the eldery, aged 65 or more, that lead to hospitalization or death by the year 2010. To develop, maintain membership, and actively participate in a community injury prevention coalition and substance abuse prevention coalition. To promote and provide on an annual basis, educational information and activities on three of the topics identified. Provide at least one community-wide education campaign annually. The campaign must use three of the following: television, radio, newspapers, posters/pamphlets and the Internet.

Project title: **Injury prevention Program**

Contact:
Leeds, Grenville and Lanark District
458 Laurier Blvd.
Brockville, ON K6V 7A3
Tel.: (613) 345-5685
Fax: (613) 345-2879
Website: www.healthunit.org/injury/default.htm

Description: The goal is to reduce the rate of preventable injuries that lead to hospitalization or death, including those by caused falls in the elderly. This is achieved through presentations, campaigns and community coalition development and support.

Project Title: **It's Time to Put Your Foot Down Safely**

Contact:
Kate Allen
Violence and Injury Prevention Program
Orilia and District Safe Community Committee
P.O. Box 484
Orillia, ON L3V 6K2
Tel.: 705-325-4449
Fax: 705-325-5043
Website: www.simcoehealth.org

Description: Offer fall prevention workshops to senior's groups and rest and retirement homes. Provide fall prevention workshops to day care providers. Fall Prevention Displays at Senior's day and Senior's Fairs. Distribute Fall Prevention Checklist and pamphlets (available online @ www.simcoehealth.org). Individual workshops evaluated.

Project Title: **Lifeline Systems Canada**

Contact:
Shehnaz Hussain
Lifeline Systems Canada
Suite 105, 95 Barber Greene Road
Toronto, ON M3C 3E9
Tel.: (416) 445-3387
Fax: (416) 445-5402
Website: www.lifelinecanada.com

Description: Lifeline offers monitoring services and products to people who want the assurance of 24 hour assistance at the touch of a button while remaining independent in their homes. Included with the monitoring service, Lifeline rents each Subscriber the equipment they require: a Communicator/Telephone and a Personal Help Button.

Project Title: **Link to Health**

Contact:
Canadian Red Cross Society
National Link to Health Office
5700 Cancross Court,
Mississauga, ON L5R 3E9
Tel.: (905) 890-1000
Fax: (905) 890-1008
Website: www.redcross.ca

Please call your local Canadian Red Cross offices to see if the program is available in your area.

Description: Link to Health is an active living program designed to help older adults get moving and keep moving. The program is for individuals 55 and older who would like to become or stay functionally independent.

In the Link to Health Activity Guide there is a chapter on balance activities as well as a chapter on strength and endurance exercises. Over 12 weeks, participants in a Link to Health program might meet from 12 to 36 times. Skill related fitness includes: agility, balance, coordination, speed, power and reaction time. Health related fitness includes: cardiovascular fitness, strength and endurance, flexibility, body composition and freedom from injuries

Project Title: **Living it Up**

Contact:
Marnie Garrett
Lambton Health Unit
160 Exmouth Street
Point Edward, ON N7T 7Z6
Tel.: 1-(800)-667-1839 or (519) 383-8331
Fax: (519) 383-7092
Website: www.lambtonhealth.on.ca

Description: A free simple-to-use booklet outlining alphabetically all activities offered in Lampton County, complete with telephone number and name of contact person.

Project Title: **Markham Stouffville Rehabilitation Program**

Contact:
Tina Healey
Markham Stouville Day Hospital
381 Church Street
P.O. Box 1800
Markham, ON N7T 7Z6
Tel.: (905) 472-7000
Fax: (905) 472-7556
Website: www.msh.on.ca

Description: The hospital runs a falls clinic run once a week through its out-patient day hospital rehabilitation program. A nurse sees the patient for 30 minutes, a physiotherapist for 45 minutes and then the geriatrician for 45 minutes. Recommendations are made, such as using appropriate walking aides, having physiotherapy, or medication adjustment. The entire assessment is covered by OHIP and is funded by the hospital's operating budget.

Project Title: **May Home Improvement Sale**

Contact:
Marnie Garrett
Lambton Health Unit
160 Exmouth Street
Point Edward, ON N7T 7Z6
Tel.: 1-(800)-667-1839 or (519) 383-8331
Fax: (519) 383-7092
Website: www.lambtonhealth.on.ca

Description: During the month of May, 13 retailers offer a discount on home improvement items related to safety, i.e., grab bars, stair nails, tub guards, floor repair items, night-lights, 2-way tape. The sale is usually advertised through radio and print media. Per example, a draw for a home safety evaluation and $100 worth of repairs done by Handy Man Services of the Lambton Seniors Association was a new feature during May 2000 (the second event).

Project Title: **Multi-directional Compensatory Stepping in the Young and Elderly**

Contact:
Brian Maki
Centre for Studies on Aging
1075 Bayview Av.
Toronto, ON M4N 3M5
Tel.: (416) 480-5858
Fax: (416) 480-5856
Website: www.swchsc.on.ca/~csia/Research/falls&post.htm

Description: Recent work has confirmed the functional importance of compensatory stepping as a rapid reaction to prevent loss of balance and falling: however, little is known about

how this response is controlled by the central nervous system or how the control changes with aging. This study will determine how sensory information (e.g. from the foot sole, eyes and inner ears) is used to control compensatory stepping, how age-related changes in stepping contribute to increased falling risk, and whether increasing sensory cues from the foot (standing on special surfaces) or hand (lightly touching a rail) can compensate for these age-related changes.

Project Title: **North York Coalition for Seniors' Falls Prevention**

Contact:
Pam Holliday
Sunnybrook & Women's College Health Sciences Centre
Centre for Studies on Aging
2075 Bayview Av.
Toronto, ON M4N 3M5
Tel.: (416) 480-5858
Fax: (416) 480-5856
Website: www.sunnybrook.utoronto.ca/~csia/

Description: The North York Coalition developed and produced a Falls Prevention Guide, which we are distributing to as many seniors as possible. The guide is also now available on a web site for easier access by health professionals and others. "Accidental Falls of Elderly People" a video is also available for Educational & Research Purposes only ($225 cdn + shipping).

Project Title: **Older and Wiser Safety Awareness Coalition**

Contact:
Beth Peterkin
Older & Wiser Safety Awareness Coalition
Safe Communities Partnership
Perth & District
P.O. Box 2051
Perth, ON K7H 3M9
Tel.: (613) 267-5069
Fax: (613) 267-5589

Description: To enhance the lives of older persons in five key areas of concern:

- Independence: give support to enable seniors to remain at home as long as possible.
- Participation: for seniors to maintain an active role in decision-making and communication within the community.
- Care: to ensure that seniors receive enhanced personal care, whether it is at home or in a treatment center.
- Self-Fulfillment: allow seniors the opportunity to learn and grow in all areas.
- Dignity: to ensure that seniors receive the utmost respect and dignity.

This program began as a fire safety initiative and quickly expanded to include other safety issues. Focus groups held with seniors' groups actually identified home safety

and telephone scams as their main areas of concern. Accomplishments to date include: increased awareness in the general public of potential dangers to seniors living independently; education of seniors who are living independently about how to be safer in their homes; development and distribution of the Older and Wiser Safety Binder; free distribution and installation during the first year of over 100 needed smoke alarms in seniors' homes with regular battery checks and replacement during home visits; 300 safety pamplets have been delivered to seniors living independently; partnerships were developed with over 40 community groups and organizations which further strengthened the promotion of seniors' safety; service providers completed a safety checklist on each home visit. This program is being expanded through the production of 200,000 decks of playing cards with safety messages. The Ontario Fire Marshal's Public Safety Council is working with the coalition by assisting with card distribution to seniors across the Province of Ontario.

Project Title: **Partners in Aging Peterborough... Prevent Falls Amongst Older Adults Coalition**

Contact:
Ann McLeod
Injury Prevention & Substance Abuse Prevention
Peterborough County - City Health Unit
10 Hospital Drive
Peterborough, ON K9J 8M1
Tel.: (705) 743-1000
Fax: (705) 743-2897
Website: www.pcchu.peterborough.on.ca/olderadults.htm

Description: The Coalition uses a variety of strategies to reduce the rate of fall-related injuries in the elderly and to get the message out about falls prevention, including videos and conferences.

Project Title: **Prevention of Falls and Fall Injuries in the Older Adult**

Contact:
Kathleen Heslin
Registered Nurses Association of Ontario
1600 - 438 University Avenue
Toronto, ON M5G 2K8
Tel.: (416) 599-1925 or 1-(800)-268-7199
Fax: (416) 599-1926
Website: www.rnao.org/bestpractices/

Description: Production of a guideline to increase nurses' confidence, knowledge, skills and abilities in the identification of adults at risk of falling and to define interventions for prevention of falling. The guideline has relevance to areas of clinical practice, including acute care and long-term care.

Project Title: **Provincial Partners for Seniors and Veterans - Falls Prevention Campaign**

Contact:
Fiona Knight
Ontario Public Health Association (OPHA)
468 Queen Street East, Suite 202
Toronto, ON M5A 1T7
Tel.: (416) 367-3313 ext 240
Fax: (416) 367-2844
Website: www.opha.on.ca/projects/falls.html

Description: The goal is to implement a falls prevention campaign that is well supported by strong and effective partners of provincial organizations. As many falls are preventable, the campaign aims to focus attention on actions people can take to protect themselves from falling. To address the diverse audience that seniors/veterans represent, a multi-faceted, umbrella campaign has been developed that informs, encourages action and supports community programs. This campaign will be similar in its approach to increased usage of seatbelts or child car seats.

**Project funded by the Health Canada / Veterans Affairs Canada Falls Prevention Initiative (6793-06-2001/1160023).*

Project Title: **Program designed to modify and support the use of the physical environment to promote physical activity among veterans and seniors**

Contact:
Dr. Nancy Edwards
Office of Research Services
University of Ottawa
451 Smyth Road
Ottawa, ON K1H 8M5
Tel.: (613) 562-5800 ext.: 8395
Fax: (613) 562-5658
Website: www.uottawa.ca

Description: The project will develop a web-based tool kit of resources that includes an environmental press audit. It will also assist seniors and veterans groups to modify and use the physical environment to promote physical activity among participants, as well as build sustainable momentum for falls prevention programs among seniors and veterans associations.

**Project funded by the Health Canada / Veterans Affairs Canada Falls Prevention Initiative (6793-06-2001/116015).*

Project Title: **Public Awareness Campaign. Avoiding Trips, Slips and Broken Hips**

Contact:
Etheleen Porter-Brysch
Thunder Bay District Health Unit
999 Balmoral Street
Thunder Bay, ON P7B 6E7
Tel.: (807) 625-5900
Fax: (807) 623-2369
Website: www.tbdhu.com

Description: Video on falls prevention shown on cable television, articles in newspaper. Presentations are given to seniors, caregivers and volunteers. Display development and distribution of Seniors Home Safety Kits. A fall prevention coalition was developed.

Project Title: **Remembering When**

Contact:
Joan Batenburg
Adult Injury Prevention Network
Region of Peel
c/o Canadian Red Cross
Unit # 24 - 71 West Drive
Brampton, ON L6T 5E2
Tel.: (905) 452-7580 ext. 215
Fax: (905) 874-0482

Description: The Adult Injury Prevention Network (AIPN), a member of the Peel Coalition for Injury Prevention, is a multi-sectoral, multi-disciplinary committee committed to raising awareness of predictable and preventable injuries among older adults in Peel. In February 2002, the AIPN received funding from Veterans Affairs Canada – Falls Prevention Initiative, Health Canada to deliver Remembering When, an interactive fall and fire prevention program developed by the National Fire Protection Association. The program is centred on 16 key safety messages - eight fall and eight fire – and is delivered at senior safety events in Peel. In addition to the fall and fire presentations, the events include a pedestrian safety segment, senior wellness displays, fitness demonstrations, lunch, entertainment and prizes. Most recently the events have included a well-received video presentation that was produced by the AIPN to assist in the delivery of the program. This video is available for purchase for the price of $10.00. The lengths of the presentations have been customized for large and small venues – three hours for the large events and one and half-hours for smaller events.

**Project funded by the Health Canada / Veterans Affairs Canada Falls Prevention Initiative (6793-06-2001/1160019).*

Project Title: **Safety in the Adult Years**

Contact:
Colleen Stahlbrand
Public Health & Community Services
City of Brampton
71 Main Street W.
6th Floor (Upper Ottawa Office)
Hamilton, ON L8P 4Y5
Tel.: (905) 546-3758
Website: www.hamilton.ca/PHCS/Publications/Fact-Sheets/Falls.PDF

Description: The program provides skill development of professionals and those who work with seniors to increase knowledge and support. The program produced the Safety and the Adult Years Resource Guide to Prevent Falls and Injuries.

Project Title: **Seniors Fall Prevention**

Contact:
Kerri Richards
Toronto Public Health
2300 Sheppard Avenue W.
Toronto, ON M9M 3A4
Tel.: (416) 338-8710
Website: www.city.toronto.on.ca/health/index.htm

Description: Working with Coalitions, other partnerships and GTA health units, Toronto Public Health is implementing initiatives to reduce environmental and physical risk factors for falls among seniors. These initiatives include workshops, community-based events, coalition building and referral to other community resources.

Project Title: **Senior Theatre Troupe Presentations**

Contact:
Marguerite Thomas
Injury Prevention Program
Community Coalition for the Prevention of Falls in Older Adults
Grey Bruce Public Health Unit
920 1st Ave. West
Owen Sound, ON N4K 4K5
Tel.: (519) 376-9420 or 1 (800) 263-3456
Website: www.publichealthgreybruce.on.ca/_private/Injury/SPInjury.htm

Description: Senior volunteer actors were trained by an Artistic Director to provide information in a theatre format. The one-hour afternoon presentations were each done in several locations throughout the two counties. The scripts are available for $20 as this is a fundraiser for the community Coalition for the Prevention of Falls in Older Adults

Project title: **Slips, Trips and Falls Safe Communities Partnership**
Falls Prevention Initiative II

Contact:
Raija Lappalainen
Sault Ste. Marie Safe Communities Partnership
c/o Algoma Health Unit
6th Floor, Civic Centre
99 Foster Drive
Sault Ste. Marie, ON P6A 5X6
Tel.: (705) 541-7140
Fax: (705) 759-1534
Website: www.safesault.ca/sltrf.lasso

Description: This is a multi-phase project consisting of a multi-media awareness campaign including video production, poster development, self risk assessment risk tool development, distribution of a locally developed and produced "Your Passport to Safety" checklist booklet, implementation of Steady as You Go (SAYGO Program), distribution of an exercise video to libraries, offering performances of "Please Help Me I'm Falling" by local acting Troupe "Sault Rising Stars", and development of falls risk assessment tool and community policy/protocol. This community wide multi faceted project involved seniors & veterans in planning, emplementing and evaluating of the program.

Project title: **The First Step: Fall Prevention Starts with You**

Contact:
Luana Culmer
Kingston, Frontenac, Lennox & Addington Falls Prevention Coalition
221 Portsmouth Avenue
Kingston, ON K7M 1V5
Tel.: (613) 546-0000
Fax: (613) 549-7896
Website: www.stepsafe.com
You can also reach the Napanee office at 613-354-3351 ext. 267.

The Kingston, Frontenac and Lennox & Addington Falls Prevention Coalition is entering a year long partnership with the City of Kingston through the Healthy Community Fund. Plans for 2003 include:

- Printing and disseminating a new 35 page self-help resource booklet for seniors to identify personal risk factors, things to do to prevent falling and information to link with the appropriate community resources. (This booklet has been adapted from a Burnaby B.C. Coalition to Prevent Falls resource.)
- Workshop/conference to raise community awareness of falls prevention
- Expand coalition's current website www.stepsafe.com to include an interactive form of the resource booklet with appropriate community resource links.

Project Title: **The Power Program**

Contact:
Francis Simone
North York Senior Health Centre
2 Buchan Crescent
North York, ON M2K 1E1
Tel.: (416)756-1040

Also at the Baycrest Centre for Geriatric Care, North York General Hospital and Yee Hong Centre for Geriatric care.

Description: POWER is a program of education, nutrition and exercise geared to the needs of the older adult. The program was devised through a multi-disciplinary planning team drawn from the partner organizations, Baycrest Centre for Geriatric Care, North York General Hospital, Yee Hong Centre for Geriatric Care and Toronto Public Health. This partnership has provided the following benefits: a greater pool of expertise to develop the teaching material; more clients reached over a great geographical area; opportunities to be more culturally sensitive with delivery of a program in Chinese. Networking and cross-organizational peer support provided; and increased opportunities for collaborative resource use and research.

The program is aimed at seniors who are living in the community with a diagnosis of osteoporosis who have not yet been educated about their condition and who have not yet achieved life- style changes that might make a difference to their quality of life. It is taught over 7 weeks, and consists of three elements: education, exercise and nutrition.

Project Title: **The Role of Stairway Handrails in Postural Stabilization**

Contact:
Brian Maki
Centre for Studies on Aging
1075 Bayview Av.
Toronto, ON M4N 3M5
Tel.: (416) 480-5858
Fax: (416) 480-5856
Website: www.swchsc.on.ca/~csia/Research/falls&post.htm

Description: In this pilot study, a novel experimental approach was developed to study the biomechanics of handrail use under dynamic conditions. The primary objective of this initial study was to determine the influence of specific task conditions: a) perturbation magnitude, b) stance leg, c) proximity to the handrail, and d) initial hand position. The study was also intended to address a more basic issue: is it even possible to generate a handrail grasping response with sufficient speed and accuracy to prevent a fall after losing balance on a stairway?

Project Title: **The Southwest Ontario Initiative to prevent falls in veterans and their caregivers**

Contact:
Nancy Ecclestone
Canadian Centre for Activity and Aging
1490 Richmond Street
London, ON N6G 2M3
Tel.: (519) 661-1604
Fax: (519) 661-1612
Website: www.uwo.ca/actage/new/falls.htm

Description: The goal is to provide evidence of the effectiveness of a range of falls prevention approaches in previously unstudied populations - veterans and their caregivers in relation to the general seniors population. Four broad classes of seniors/veterans will receive interventions: 1) those with modifiable risk factors (medical, musculoskeletal and both); 2) those with no known risk factors; 3) those with unmodifiable risk factors and; 4) those with mobility limitations. A baseline database will be developed profiling veterans in this region, a resource which currently does not exist. Once implemented this model could be easily replicated elsewhere.

**Project funded by the Health Canada / Veterans Affairs Canada Falls Prevention Initiative (6793-06-2001/1160026).*

Project title: **Stair Safety and Stair Use Among Community-Living Seniors**

Contact:
Dr. Nancy Edwards
University of Ottawa
Office of Research Services
550 Cumberland Ave., Room 160
Ottawa, ON K1N 6N5
Tel.: (613) 562-5800 ext.: 8395
Fax: (613) 562-5443
Website: www.uottawa.ca

Description: Fall prevention strategies should not dismiss the use of stairs among seniors. Rather, they should identify the hazards associated with stair use, seek to better understand determinants of stair use and use this information to promote the use of safe stairs as a means of active living among community-living seniors.

Project Title: **Step Safe**

Contact:
Luana Culmer
Kingston, Frontenac, Lennox & Addington Falls Prevention Coalition
221 Portsmouth Avenue
Kingston, ON K7M 1V5
Tel.: (613) 546-0000
Fax: (613) 549-7896
Website: www.stepsafe.com
You can also reach the Napanee office at 613-354-3351 ext. 267.

Description: This program was initiated in Kingston and Napanee, Ontario by the KFL&A Falls Prevention Coalition with funding from Kingston General Hospital and the Greater Kingston Area Safe & Sober Coalition. In 2000, the municipality in each community took over the program. It continues in each community where it is advertized to call the Step Safe Program if you see a hazard on a sidewalk – a crack, a hole or uneven concrete. The call will generate a work order to the Roads Department to either fix the potential hazard or mark it with fluorescent green paint as a warning.

Project Title: **Sunnybrook Falls Prevention Program**

Contact:
Susan Maddock and Sue Gal
Sunnybrook and Woman's College Health Sciences Centre
2075 Bayview Avenue
Toronto, ON M4N 3M5
Tel.: (416) 480-5912
Fax: (416) 480-6865
Website: www.sunnybrookandwomens.on.ca

Description: The Falls Prevention Program combines an exercise intervention and educational component with the aim of preventing falls in community-dwelling seniors. Participants attend twice weekly for six weeks for 45 minutes of exercise. The exercise circuit consists of seven, 5-minutes stations including: stationary bicycles, quads, over a roll, various balance exercises, the parallel bars with and without a step, sit-to-stand from a chair using proper technique, bridging, and gait training (including how to turn safely). We also briefly ran a chair exercise program consisting of sitting and standing exercises, but for our population and environment, we preferred the circuit. The educational component consists of a home safety discussion/lecture with an OT, instruction on a home exercise program (balance exercises), and learning how to get up from the floor. Clients who live alone are given information on lifeline. Before each session clients are asked if they have had a fall or a near-fall and the group discusses strategies to prevent falls.

Project Title: **Take A Stand! Prevent a Fall! Stay Independent! (Injury Prevention Program)**

Contact:
Carol Adamson
Halton Region Health Department
1151 Bronte Road
Oakville, ON L6M 3L1
Tel.: (905) 825-6000 ext. 7113 or 1-(866)-442-5866
Fax: (905) 825-8588
Website: www.region.halton.on.ca

Description: The program will be working with seniors, seniors centres, municipalities, community injury prevention and network on fall prevention projects. In its first phase (2000-2002), the program worked on social marketing campaign to raise awareness about falls. The second phase is looking at physical activity, community safety and medication/alcohol components. Resources are also available.

Project title: **Telephone Assurance**

Contact:
c/o Canadian Red Cross Society - Sault
Ste. Marie and District Branch
105 Allard Street
Sault Ste. Marie, ON P6B 5G2
Tel.: (705) 721-3313
Fax: (705) 739-9916
Website: www.redcross.ca

Program also available in the following district branches (Bradford West-Gwillimbury, Etobicoke, Springwater, Essa, Clearview, Tiny, Barrie, Adjal-Tosorontio, Innisfil, Oro-Medonte, etc...). Please call your local Canadian Red Cross offices to see if the program is available in your area.

Description: A support service that provides frail, isolated, vulnerable, elderly members of community with regular contacts (daily phone calls) to determine if the clients are at risk or in a crisis.

Project Title: **Timiskaming Injury Prevention (Elderly)**

Contact:
Claire Gaudette
Timiskaming Health Unit
Timiskaming Injury Prevention (Elderly) Committee
221 Whitewood Ave.
New Liskeard, ON P0J 1P0
Tel.: (705) 647-4305
Fax: (705) 647-5779
Website: www.timiskaminghu.com

Description: To provide and reduce the incidence of falls and unintentional injuries in the older adult. The program uses information sessions and workshops regarding proper physical activities for seniors and safety in and around the home. It also notifies local municipal councils about snow removal on sidewalks and it advocates that Recreation Departments become more open to senior activities.

Quebec

Project Title: **Index of Available Documentation and Resources for the Prevention of Falls of the Elderly in their homes (documentation published in 1999)**

Contact:
Charles Lemieux
Québec Public Health Department of Gaspé Peninsula and Madeleine Islands
205-1 York Blvd. W.
Gaspé, QC G4X 2W5
Tel.: (418) 368-4640
Fax: (418) 368-1317

Description: This index lists available documentation and resources for the prevention of falls for the elderly living in their own homes. Each listing is done according to type (guide, poster, video, study, games, education, etc.), and relevant risk factors (physical activities, nutrition, safety measures in the home, etc.). The documentation lists the author, year of publication, cost and how to obtain it. The index enables one to quickly find desired documentation or resources.

Project Title: **PIED Programme intégré d'équilibre dynamique / Program Enriched Physical Exercise Program**

Contact:
Francine Trickey
Injury Prevention Team
Montreal Regional Public Health Department
1301 Sherbrooke est
Montréal, QC H2L 1M3
Tel.: (514) 528-2400 ext. 3369
Fax: (514) 528-2426
Website: http://www.santepub-mtl.qc.ca/english/elderly.html

Description: With the help of group and at home physical exercises, the goal of the program is to increase legs strength and balance of participants; to help and allow them to organize their home and to adopt a safe behaviour; to improve their self-esteem and confidence in relation to falls prevention; contribute to their own healthy bone mass et to promote the maintenance of regular physical activity.

Project Title: **Pilot Project for the Prevention of Falls among the Elderly (C.L.S.C.s)**

Contact:
Denise Gagné
Québec Public Health Department and local health centres (CLSCs)
2400 d'Estimauville Street
Beauport, QC G1E 7G9
Tel.: (418) 666-7000 ext. 347
Fax: (418) 666-2776
Website: www.rrsss03.gouv.qc.ca/dspq/index.htm

Description: Implementation of a pilot project for the prevention of falls for seniors at risk in two CLSC sectors in the region. The project's focus is a multifacetted intervention on the various fall risk factors. In a second phase, an evaluation will determine the feasibility of extending the intervention across the region.

Project Title: **Safety Installations in the Bathrooms of the Elderly**

Contact:
Daniel Gagné
Regional Health & Social Services Dept. for the Abitibi-Témiscamingue Region
Public Health Management.
1, 9th Street
Rouyn-Noranda, QC J9X 2A9
Tel.: (819) 764-3264
Fax: (819) 797-1947

Description: A video describing safety measures for the bathroom especially designed for the adult children (45-55) of the elderly to heighten their awareness of safety measures to help their parents avoid falls.

Project Title: **Safety in the Bathroom: Sensitizing Guide Concerning the Installation, the Handling and the Maintenance of Safety Measures for the Elderly Residing at Home (published in 2000)**

Contact:
Charles Lemieux
Québec Public Health Department of Gaspé Peninsula and Madeleine Islands
205-1 York Blvd. W.
Gaspe, QC G4X 2W5
Tel.: (418) 368-4640
Fax: (418) 368-1317

Description: The Guide covers safety measures for the bathroom with a focus on the prevention of falls. It lists the possible fall risks, a description of measures to be taken in bathroom installations (availability of equipment, such as grab bars), the behaviour of the elderly when taking a bath and the maintenance of a safe bathroom. Additional teaching aids enable the instructors to propose and assess the following sensitizing activities for the elderly:

1- A description of the equipment and resources available for the elderly;
2- A list of modifications in the installation, behaviour and upkeep;
3- Suggestions for games/exchanges/lectures.

Project Title: **The Problem of Falls Outside the Home**

Contact:
Francine Trickey
Injury Prevention Team
Montreal Regional Public Health Department
1301 Sherbrooke est
Montréal, QC H2L 1M3
Tel.: (514) 528-2400 ext. 3369
Fax: (514) 528-2426
Website: www.santepub-mtl.qc.ca/english/index.html

Description: The problem of falls outside the home has hardly been studied and there are no data available for the Province of Québec (except for limited data provided by a pilot project). This study shed some light on the problem of falls outside the home and provide the basis for reflecting on the development of appropriate prevention strategies.

New Brunswick

Project Title: **Falls Prevention Project in New Brunswick**

Contact:
Marie-Corinne Bourque
Go Ahead Seniors Inc.
236 St. George Street, Suite 310
Moncton, NB E1C 1W1
Tel.: (506) 577-2271
Fax: (506) 577-2271
Website: www.chpna.ca/falls/

Description: The group will develop a falls prevention Edukit, an educational training tool similar to other successful Edukits developed for other topics in the past. The Edukit will be available in both official languages. It will include videos, posters, pamphlets, home safety checklists and other information about the risks of falling, as well as practical strategies that seniors, veterans and their caregivers can utilize to prevent falls in homes and in the larger community. The sponsoring organization will train facilitators to use the Edukit through a train-the-trainers program. The project will see regional committees struck to deliver the educational modules, raise awareness and implement falls prevention strategies in local communities throughout New Brunswick. By working with elders and other First Nations leaders, the project will also adapt the modules to be available in languages suitable for First Nations communities. By working with elders and other First Nations leaders, the project will also adapt the modules to be available in languages suitable for First Nations communities.

**Project funded by the Health Canada / Veterans Affairs Canada Falls Prevention Initiative (6793-04-2001/4630001).*

Project Title: **Healthy Active Living Program for Older Adults**

Contact:
Tamara Farrow (English) and Gretta Ducet (French)
Provincial coordinators
Go Ahead Seniors Inc.
236 St. George Street, Suite 310
Moncton, NB E1C 1W1
Tel.: 1-(800)-530-4844
Fax: (506) 577-2271

Description: New Brunswick. The Healthy Active Living Program for Older Adults is a community-based fully bilingual program that has been successfully operating since 1993 throughout the Province of New Brunswick. Designed and delivered 'for seniors by seniors' and through health education, personal empowerment and prevention, the program is helping seniors improve their quality of life. The main topic areas covered by the program include: wise use of medication, healthy eating, stress management, physical activity, and healthy choices. All sessions are free-of-charge and delivered

by trained volunteers, part-time trainers and resource persons. To date over 74,000 New Brunswick seniors have been exposed to the program, 2,400 workshops have been delivered and 970 communities visited. Other activities started by part-time trainers and volunteers include; Community Advisory Committees, social activities, walking clubs, care facility tours, and health fairs.

Project Title: **Injury Prevention In Seniors**

Contact:
Heather Oakley
Saint John Regional Hospital
400 University Avenue
Saint John, NB E2L 4L2
Tel.: (506) 648-7303
Website: www.ahsc.health.nb.ca/facregional.shtml

Description: The Injury Prevention Expo is a week-long event held once a year. The Expo includes seminars and workshops on safety as well as the production of education material for seniors. A fair is held on the last day of the week, where over 30 exhibitors are available to interact and provide information for seniors.

Project Title: **Pare-chutes Nouveau-Brunswick (Watch Your Step)**

Contact:
Roger Doiron
L'Association acadienne et francophone des aînées et aînés du N.-B.
7, Beau-Rivage
Richibouctou, NB E4W 3W3
Tel.: (506) 523-0090
Fax: (506) 523-7009
Website: www.chpna.ca/falls/en/index.cgi

Contact: This project will: (1) Make seniors and the persons working with them more aware of the techniques and behaviours that will help prevent falls; (2) strengthen the collaboration among the partner organizations; and (3) improve the safety of built spaces. The AAFANB will follow four strategies: (1) strengthening the collaboration networks; (2) developing and sharing the French-language educational tools on prevention of falls; (3) launching a communication campaign on prevention of falls; and (4) creating and providing a program for the training of trainers. The educational tools will be developed and adapted for the target groups likely to change their practices and infrastructures to prevent falls. The prevention messages will be disseminated through the media, the Internet and the community periodical publications. The program for the training of trainers will be offered to caregivers and home services providers, in order that they may acquire the tools they need to work on falls prevention with various organizations and institutions.

**Project funded by the Health Canada / Veterans Affairs Canada Falls Prevention Initiative (6793-04-2001/4630002).*

Newfoundland

Project Title: **Avalon East Safe Communities**

Contact:
Elizabeth Billings
P.O. Box 8910
St. John's, NFLD A1B 3P6
Tel.: (709) 737-2844
Fax: (709) 737-5300
Website: http://envision.ca/templates/profile.asp?ID=2814

Description: Avalon East Safe Communities is currently concentrating on four areas within the community, which includes the Home/School Safety. The main objective is to reduce and prevent falls that occur at home and school. This area concentrates on seniors and children.

Project Title: **Falls Prevention Program**

Contact:
John Reed
Mount Pearl Senior Independence Group
Tel.: (709) 748-6485

Description:

1) Information Sessions: Information sessions on a variety of subjects, including falls prevention, are provided to groups of seniors in the area of Mount Pearl.

2) Fall Busters: Program available for seniors in Mount Pearl for the free snow removal on front and back steps as well as clearing a pathway to the sidewalk.

Project Title: **Project Upright**

Contact:
Rosemary Lester
Seniors Resource Centre
Suite W100, Bally Rou Place
280 Torbay Road
St. John's, NFLD A1A 3W8
Tel.: (709) 737-2333
Fax: (709) 737-3717

Description: This project builds on an initiative that was funded in Phase I of the Falls Prevention Initiative. Regional working groups held workshops to assess the interest, strength and capacity of seniors, veterans and their caregivers to work on falls prevention and to develop future directions to address this issue. This project will allow the regional working groups to implement strategies to address falls in their specific regions. These actions will include education, exercise, home assessments, community

assessments and media awareness. Each region will identify partners and seek the involvement of seniors and veterans in all aspects of the local activities. A provincial advisory committee created in Phase I and made up of representatives from each region, will offer support to the regional working groups.

**Project funded by the Health Canada / Veterans Affairs Canada Falls Prevention Initiative (6793-01-2001/1430245).*

Project title: **Steady as You Go (SAYGO Program)**

Tanya Mattews
Health and Community Services Western (HCSW)
P.O. Box 156
Corner Brook, NFLD A2H 6C7
Tel.: (709) 637-5000 ext. 5355
Fax: (709) 637-5159
Website: www.hcsw.nf.ca

Description: The pilot program was a success and presently is in approval for continuation. The program will offer to small groups of seniors by trained senior facilitators who are then supported by a health professional (usually a nurse). Participating seniors attend two 90-minute sessions one month apart. At the first session they receive the Client Handbook and Fitness Video and at this time they begin to identify personal risk factors for falls. Over the intervening month, seniors implement their own strategies to reduce their risks and at the second session they share what they have done.

Project Title: **Seniors Program**

Contact:

Debbie Keats
The Labrador Friendship Centre
49 Grenfell Street
P.O. Box 767, Station B
Happy Valley-Goose Bay, NFLD A0P 1E0
Tel.: (709) 896-8302
Fax: (709) 896-8731
Website: www.labradorfriendshipcentre.ca/cd-sen.htm

Description: The Western Health and Community Services have two programs for seniors. One project during the summer for required services such as taking care of the lawn, painting houses, getting groceries, etc... They also have a snow removal project during the winter.

50+ Seniors Group: The Labrador Friendship Centre also has a seniors group where workshops on falls prevention and exercising are given.

Project Title: **Snowbusters**

Contact:
Rosemary Lester
Seniors Resource Centre
Suite W100, Bally Rou Place
280 Torbay Road
St. John's, NFLD A1A 3W8
Tel.: (709) 737-2333
Fax: (709) 737-3717
Website: www.infonet.st-johns.nf.ca/providers/seniors/

Description: This is a special volunteer program of the St. John's Seniors Resource Centre. It is open to those who live in the St. John's area. The purpose of this program is to clear a pathway so that the senior can have easy and safe access to the sidewalk. The Seniors Resource Centre provides an interview, an orientation and training from the program co-ordinator and a visiting plan for the volunteer.

Nova Scotia

Project Title: **Falls prevention initiative**

Contact:
Erina Termine
Regroupement des aînées et aînés de la Nouvelle-Écosse
54 Queen Street
Dartmouth, NS B2Y 1G3
Tel.: (902) 433-0860
Fax: (902) 433-0066
Website: www.nouvelle-ecosse.net/Clients%20Nouvelle-Ecosse/RANE.htm

Description: The project will: create a support system for caregivers of seniors and veterans and coordinate communication among victims of falls to decrease the risk of subsequent falls. The project will identify seniors and veterans at risk of falling and coordinate home safety assessments; work with provincial and municipal governments to create polices that promote the independence of seniors and prevent falls; and encourage and support seniors and veterans to participate in regular physical activity in the home and community by promoting existing opportunities and working with partners to create new programs. Health professionals will provide information sessions to seniors, veterans and their caregivers on topics such as nutrition, balance, medication, vision and hearing.

**Project funded by the Health Canada / Veterans Affairs Canada Falls Prevention Initiative (6793-03-2001/1430246).*

Project Title: **A Fall Prevention Program for Lunenberg and Queen's Counties Nova Scotia**

Contact:
George McKiel
Elderfit Lunenberg
R.R. #1
Rose Bay, NS B0J 2X0
Tel.: (902) 764-2090
Fax: (902) 766-0319

Description: Assessment by volunteers of falls risk factors in the home of veterans and seniors. Senior volunteers were recruited and trained to go into seniors' homes, by invitation, to administer the assessment with the help of a check list. Those at risk will be asked to identify known hazards and these will be brought to the attention of the respective authorities.

**Project funded by the Health Canada / Veterans Affairs Canada Falls Prevention Initiative (6793-03-2001/0180026).*

Project Title: **Networking to Prevent Falling in Nova Scotia**

Contact:
Marilyn More
Community Links
200A Albro Lake Road
Dartmouth, NS B3A 3Z2
Tel.: (902) 464-9558
Fax: (902) 464-0267

Description: This project is a follow-up to an initiative that was funded through Phase I of the Falls Prevention Program, which achieved the goal of developing a provincial partnership dedicated to reducing the number and severity of falls among seniors, caregivers and veterans. It also developed and distributed the discussion paper "Taking Steps to Prevent Falling In Nova Scotia." The goal of this Phase III project is to create a broader-based intersectoral partnership that will develop and support sustainable approaches to preventing falls among seniors, veterans and caregivers in Nova Scotia. A steering committee made up of representatives from the key partners and stakeholder groups will guide the project and ensure that objectives are achieved. Four main strategies will be implemented: network development, tool kit development, a train-the-trainers program, and a public awareness campaign. Nine regional coalitions will be formed to support networking and capacity building activities, as well as to carry out falls prevention strategies at the local level. The project will create and pilot-test a tool kit to help groups and leaders prevent falls in both rural and urban centres. A train-the-trainers component will build capacity between organizations and individuals to implement falls prevention initiatives.

**Project funded by the Health Canada / Veterans Affairs Canada Falls Prevention Initiative (6793-03-2001/1430244).*

Project title: **Pro Hip Protectors**

Contact: Dr. Barry Clarke
Camp Hill Veteran's Memorial Building
5955 Veteran's Memorial Lane
Halifax, NS B3H 2E1
Tel.: (902) 473-2700

Description: The Pro-Hip midel hip protector appears to be associated with improved compliance with wear schedules. Findings provided and recommendations for additional design modifications aimed at further enhancement of compliance are made.

Project Title: **Seniors Fall Prevention**

Contact: Catherine Kersten
Wolfville and Kings County Safe Communities Coalition
P.O. Box 2370
Wolfville, NS B4P 2N5
Tel.: (902) 585-1689
Website: www.safekingscounty.ca

Description: The mission of the Seniors Fall Prevention Committee is to develop and deliver a health and safety program aimed at reducing fall-related injuries among seniors. Each participant would receive an education package focused on home safety and nutrition, instructions on proper use of medication, and attend an eight-week exercise program. Information would be collected before and after the intervention and used to measure the impact of the program and to develop better programs in the future.

Prince Edward Island

Project Title: **Implementation of a falls prevention program for community-dwelling veterans, seniors and caregivers in PEI**

Contact: Lori Weeks
PEI Centre for Study of Health and Aging
c/o Department of Family and Nutritional Sciences
University of Prince Edward Island
550 University Avenue
Charlottetown, PEI C1A 4P3
Tel.: (902) 566-0528
Fax: (902) 628-4367
Website: www.upei.ca/~csha/

Description: In Phase III, the project sponsor will implement a sustainable, bilingual, community-based falls prevention program on PEI. The project will develop a community action toolkit that contains information and resources to assist community groups and individuals in preventing falls at home and in the broader community. The project

will implement a train-the-trainer program that will prepare volunteer facilitators, mainly seniors and veterans, to deliver the toolkit to community groups and stakeholders. Project staff, volunteers and partners will deliver falls prevention information sessions to community stakeholders, seniors, veterans and their caregivers. The project will develop a course that includes a strong component on falls prevention for the PEI Seniors College. The sustainability of the project will be enhanced by the legacy of strengthened partnerships and the enhanced capacity of the project sponsor, partners, seniors and veterans to implement falls prevention initiatives.

**Project funded by the Health Canada / Veterans Affairs Canada Falls Prevention Initiative (6793-02-2001/1430243).*

National

Project Title: **Is There A Cane in Your Closet?**

Contact:
James Watzke
British Columbia Institute of Technology, Technology Centre
BCIT Downtown Campus c/o Living Lab 7th floor
555 Seymour Street
Vancouver, BC V6B 3H6
Tel.: (604) 412-7718
Fax: (604) 633-4874
Website: www.bcit.ca

Description: The project will develop a National Public Service Announcement campaign (PSA) to eliminate the stigma and encourage positive and safe use of assistive devices by seniors and veterans. Guidelines for social marketers and researchers concerning product designs, barriers to acceptability and use will be produced. Throughout this project, seniors and veterans will convene with representatives of the assistive devices stakeholders community from across Canada to promote and de-stigmatize assistive device use.

**Project funded by the Health Canada / Veterans Affairs Canada Falls Prevention Initiative (6793-15-2001/0390621).*

Project Title: **Promoting use of functional mobility assistive devices by community-living seniors and veterans**

Contact:
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University of Ottawa
Office of Research Services
550 Cumberland Ave., Room 160
Ottawa, ON K1N 6N5
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Fax: (613) 562-5443
Website: www.uottawa.ca

Description: The project seeks to strengthen community capacity to prevent falls among community-living seniors and veterans in four regions of Canada: Gatineau, Quebec; Charlottetown, Prince Edward Island; Calgary, Alberta; and Nanaimo, British Columbia. The objectives are to understand the factors that influence assistive device use; increase awareness around the need for assistive devices; and mobilize seniors, veterans and stakeholders to promote the availability, appropriate selection and increased acceptance of assistive devices. The project will increase awareness and strengthen community capacity for fall prevention initiatives among community stakeholders and businesses by addressing the need for fall prevention tools that can readily be used by seniors, veterans, community-based organizations, businesses and retailers. A tool kit will be developed with a train-the-trainer component and include content on how to mobilize communities to take action to increase awareness and usage of assistive devices. Lastly, the project will serve as a catalyst in changing attitudes, norms and use of assistive devices by seniors and veterans across Canada.

**Project funded by the Health Canada / Veterans Affairs Canada Falls Prevention Initiative (6793-15-2001/0390513).*